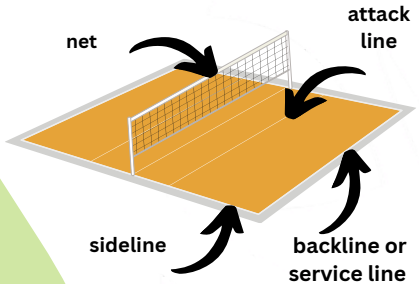
Knowledge Organiser
Volleyball Year 6

Get Set 4 Education

About this Unit

Volleyball is a net and wall game played in teams of six. The aim of the game is to hit the ball over the net landing into the court area on your opponent's side.

Volleyball originated in America in 1895 and took inspiration from other sports such as badminton and tennis. Volleyball first appeared in the Olympics in 1964 and today is a popular sport which has various versions such as beach volleyball and sitting volleyball.



Net and Wall Games Key Principles

attacking	defending
score points	limit points
create space	deny space
placement of an object	consistently return an object

Can you think of any other net and wall games that share these principles?

Key Vocabulary

abide: act in accordance with the rules
appropriate: suitable approach
communicate: share information
create: to make space
cushion: take the power out of an object
dig: defensive shot used when the ball is low
direct: aim
extend: to make longer
non dominant: weaker hand
placement: intentionally playing the ball to a specific place on court
recover: move back to a ready position after playing the ball
serve: used to start a game
set: used to place the ball high
sportsmanship: play fairly, respect others and be gracious in victory and defeat
tactics: a plan that helps you to attack or defend
technique: the action used correctly
thrust: upward motion

Ladder Knowledge

Shots:
Year 6: use the appropriate shot for the situation e.g. playing a dig first to keep the ball up, then a set then play the ball over the net.

Serving:
Year 6: begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.

Rallying:
Year 6: use different shots and consider placement depending on if the rally is co-operative or competitive.

Footwork:
Year 6: know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.

Movement Skills

- set
- dig
- throw
- catch
- jump
- serve
- rally

This unit will also help you to develop other important skills.

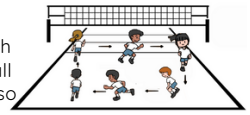
- **Social** – communication, respect, support and encourage others
- **Emotional** – perseverance, honesty, determination
- **Thinking** – using tactics, select and apply skills, identify strengths and areas for development, reflection

Rules

Winning a point:
- The ball is not returned over the net within three hits.
- The receiving team lets the ball hit the ground.
- A player makes contact with the net.
- The returned ball lands outside the court area.



Serving rules:
- One team starts with service and must serve from the back right of the court.
- That pupil continues to serve for their team until they lose a rally.
- If the non-serving team wins the rally, they win the point and the right to serve.
- When a team regains the right to serve, a different person must serve. If playing with rotation, when a team regains the serve all players rotate clockwise on court. This is so all players get to serve.



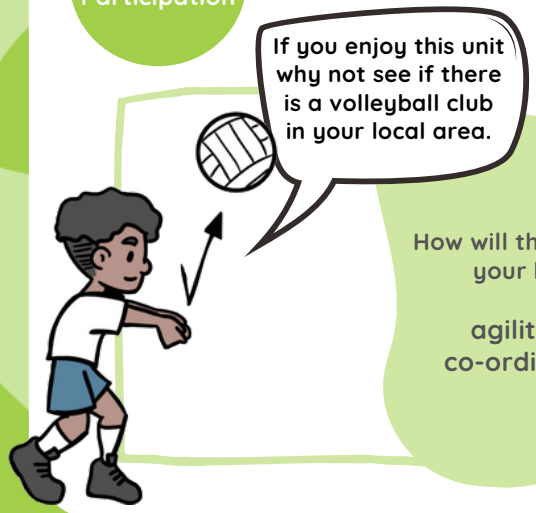
Tactics

Attacking:
- Look at where your opponents are and try to place the ball away from them.
- Use a set to give your teammates time to see where to place the ball on the next hit.

Defending:
- Recover quickly to a ready position after striking the ball.
- Spread out as a team to cover the most space possible.

Healthy Participation

Make sure unused equipment is stored in a safe place



How will this unit help your body?

agility, balance, co-ordination, speed

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



Head to our youtube channel to watch the skills videos for this unit. @getset4education136

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